

NNAAP™ Nurse Aide Practice Written Exam Packet

The purpose of this Practice Written Examination is to assist individuals in preparing for the NNAAP™ Written Examination. The Practice Written Examination will enable you to familiarize yourself with the styles and types of questions that will appear in the actual examination. To obtain the maximum benefits from taking this Practice Written Examination, you are encouraged to follow the procedures below. These are designed to assist you in creating an atmosphere that is as close to an actual test situation as possible.

- 1. Read all directions first.**
- 2. Take this examination in a quiet location where outside noise or interference is at a minimum. Have two (2) pencils available when you begin.**
- 3. Time yourself. The time allotted to take the test is two (2) hours.**



The NNAAP™ Practice Written Examination is currently available for the following states: Alabama, Alaska, California, Colorado, Connecticut, Delaware, Washington D.C., Florida, Idaho, Louisiana, Maryland, Minnesota, Mississippi, Nevada, New Hampshire, New Jersey, New Mexico, North Dakota, Pennsylvania, Rhode Island, South Carolina, Texas, Virginia, Virgin Islands, Washington (state), and Wyoming.

NNAAP™ Content Outline

(effective November 1, 2001)

The Written Examination is comprised of seventy (70) multiple-choice questions. Ten (10) of these questions are pre-test (non-scored) questions on which statistical information will be collected.

The Oral Examination is comprised of sixty (60) multiple-choice questions and ten (10) word recognition (or reading comprehension) questions.

I. Physical Care Skills

- A. Activities of Daily Living 7% of exam
(4 questions)
 - 1. Hygiene
 - 2. Dressing and Grooming
 - 3. Nutrition and Hydration
 - 4. Elimination
 - 5. Rest/Sleep/Comfort
- B. Basic Nursing Skills 37% of exam
(22 questions)
 - 1. Infection Control
 - 2. Safety/Emergency
 - 3. Therapeutic/Technical Procedures
 - 4. Data Collection and Reporting
- C. Restorative Skills 5% of exam
(3 questions)
 - 1. Prevention
 - 2. Self-Care/Independence

II. Psychosocial Care Skills

- A. Emotional and Mental Health Needs 10% of exam
(6 questions)
- B. Spiritual and Cultural Needs . . 3% of exam
(2 questions)

III. Role of the Nurse Aide

- A. Communication 10% of exam
(6 questions)
- B. Client Rights 15% of exam
(9 questions)
- C. Legal and Ethical Behavior . . . 5% of exam
(3 questions)
- D. Member of the Health Care Team 8% of exam
(5 questions)

NNAAP™ Nurse Aide Practice Written Exam

1. A nurse aide **MUST** wear gloves when:
 - (A) feeding a client
 - (B) doing peri-care
 - (C) giving a back rub
 - (D) doing range of motion
2. To prevent the spread of infection, how should the nurse aide handle the soiled linens removed from a client's bed?
 - (A) Shake them in the air
 - (B) Place them in a neat pile on the floor
 - (C) Carry them close to the nurse aide's body
 - (D) Put them in the dirty linen container
3. How often **MUST** a client's restraints be released?
 - (A) At least every 2 hours
 - (B) Every 4 hours
 - (C) Once per shift
 - (D) 2 times a day
4. The nurse aide is preparing to ambulate a client. To maintain the client's safety, the nurse aide **MUST**:
 - (A) remove all clients and equipment from the hallway
 - (B) hold on to the client's hand at all times
 - (C) have the client walk on the carpeted portion of the hall
 - (D) make sure the client is wearing footwear with non-skid soles
5. A visitor brings a puppy to the facility and places it in a client's lap. The client smiles as she cuddles and pets the puppy. For this client, what basic need is **MOST** likely being met by the puppy's visit?
 - (A) Rest
 - (B) Love
 - (C) Safety
 - (D) Reality orientation
6. A visiting family member begins to shout at the nurse aide. The nurse aide should **FIRST**:
 - (A) tell the family member to take the client home
 - (B) shout back at the family member
 - (C) walk away from the family member
 - (D) talk to the family member in a calm tone of voice
7. How may the nurse aide **BEST** assist the client to exercise citizenship rights?
 - (A) Drive the client to the polls to vote on election day
 - (B) Refer the client to the appropriate person in the facility to make arrangements for voting
 - (C) Call the election headquarters of the client's favorite candidate to make arrangements
 - (D) Ask the family to take the client to vote

8. The nurse aide finds a conscious client lying on the bathroom floor. The **FIRST** thing the nurse aide should do is:
- (A) help the client into a sitting position
 - (B) call for assistance from the nurse in charge
 - (C) offer the client a drink of water
 - (D) check for signs of injury
9. A client in isolation puts on the call light. **BEFORE** entering the room, the nurse aide should:
- (A) put on a gown
 - (B) check for the type of protective devices needed
 - (C) wash hands three times
 - (D) tell the charge nurse to answer the light
10. When transferring a client with one-sided weakness, the nurse aide **SHOULD**:
- (A) transfer from left to right
 - (B) have the client in stocking feet
 - (C) lead with the unaffected side
 - (D) place the wheelchair at the foot of the bed
11. A client's temperature is 99 degrees F rectally. After recording this on the client's chart, the nurse aide **SHOULD**:
- (A) measure the client's temperature again
 - (B) report the temperature to the nurse in charge
 - (C) have the client drink plenty of liquids
 - (D) do nothing because the temperature is within the normal range
12. The goal of a bladder training program is to:
- (A) allow the catheter to be removed
 - (B) gain voluntary control of urination
 - (C) permit use of normal body position for urination
 - (D) encourage ambulation to the bathroom
13. In order to communicate clearly with a client who has a hearing loss, the nurse aide should:
- (A) speak in a high pitched tone of voice
 - (B) stand behind the client when speaking
 - (C) speak in a loud and slow manner
 - (D) look directly at the client when speaking
14. The nurse aide is caring for a client who is agitated. The nurse aide **SHOULD**:
- (A) speak loudly so the client can hear the instructions
 - (B) ask to reassign the care of this client
 - (C) talk in a slow, calm, reassuring manner
 - (D) tell the client to be quiet
15. The abbreviation "I and O" refers to:
- (A) inside and outside
 - (B) ice offered
 - (C) intake and output
 - (D) instruct and observe

16. Before taking a client's temperature orally, the nurse aide **MUST**:
- (A) count client's respirations
 - (B) assist client into sitting position
 - (C) lubricate the thermometer
 - (D) wash her hands
17. A sputum specimen is from the:
- (A) bowel
 - (B) bladder
 - (C) lungs
 - (D) skin
18. **BEFORE** taking the oral temperature of a client who has just finished a cold drink, the nurse aide should wait:
- (A) 10 to 20 minutes
 - (B) 25 to 35 minutes
 - (C) 45 to 55 minutes
 - (D) at least 1 hour
19. The **BEST** way to help orient a client who is confused is to:
- (A) use the client's name and remind her of the day and time
 - (B) avoid asking the client any questions
 - (C) ask the client to describe her past life
 - (D) give the client long, detailed directions for all daily tasks
20. When communicating with the client's family, the nurse aide should:
- (A) become involved in family matters
 - (B) give confidential information about the client to the family
 - (C) listen to the family members' concerns
 - (D) tell the family about the roommate's family
21. A new client refuses to wear a clothing protector at lunch. The nurse aide **SHOULD**:
- (A) tell the client that he must wear it
 - (B) put the clothing protector on the client
 - (C) report this to the nurse in charge
 - (D) respect the client's wishes
22. Which of the following measurements is considered part of a client's vital signs?
- (A) Height
 - (B) Weight
 - (C) Temperature
 - (D) Age
23. What proper step should the nurse aide take to prevent the spread of infection after wiping a client's runny nose?
- (A) Place used tissue in nurse aide's pocket to discard later
 - (B) Wash hands after discarding used tissue
 - (C) Place used tissue in bedside stand drawer
 - (D) Dispose of used tissue at the end of the shift

24. The Heimlich maneuver (abdominal thrust) is used for a client who has:

- (A) a bloody nose
- (B) a blocked airway
- (C) fallen out of bed
- (D) impaired eyesight

25. If a client's pulse rate seems irregular, it should be measured for:

- (A) 30 seconds
- (B) 45 seconds
- (C) 01 full minute
- (D) 05 full minutes

26. Exercises that move each muscle and joint are called:

- (A) adduction
- (B) range of motion
- (C) abduction
- (D) rotation

27. One way in which a nurse aide can personalize care for a client from a different background is to:

- (A) learn something about the client's beliefs and practices
- (B) suggest that another nurse aide with a similar background care for the client
- (C) keep conversation to a minimum to avoid accidentally insulting the client
- (D) treat the client like all the other clients

28. The nurse aide needs to help a client to the bathroom. What should the nurse aide do **FIRST**?

- (A) Help the client to stand up
- (B) Tell the client what the nurse aide is going to do
- (C) Ask the client's roommate to leave the room
- (D) Document the procedure on the client's chart

29. In the cafeteria, two nurse aides are overheard discussing a client's family problem. What element of the Resident's Bill of Rights is being violated?

- (A) Security of personal possessions
- (B) Informed consent
- (C) Confidentiality
- (D) Continuity of care

30. Clean bed linen placed in a client's room but **NOT** used should be:

- (A) returned to the linen closet
- (B) used for a client in the next room
- (C) taken to the nurse in charge
- (D) put in the dirty linen container

31. Two nurse aides enter the room of a dying client to provide care. The nurse aides **SHOULD**:

- (A) whisper so that they don't disturb the client
- (B) discuss the client's condition
- (C) remain silent out of respect for the client
- (D) tell the client what they are going to do

32. When a client has left-sided weakness, what part of a sweater is put on first?
- (A) Both sleeves
 - (B) Left sleeve
 - (C) Client's choice
 - (D) Right sleeve
33. If a nurse aide finds a client who is sad and crying, the nurse aide **SHOULD**:
- (A) ask the client if something is wrong
 - (B) tell the client to cheer up
 - (C) tell the client to stop crying
 - (D) call the client's family
34. The client discovers that her granddaughter was killed in an airplane crash and tells the nurse aide. The nurse aide should **FIRST**:
- (A) ask when the funeral is
 - (B) tell the client that she should talk to her clergyperson
 - (C) leave the room and close the door
 - (D) listen quietly while the client talks
35. A client is scheduled for a physical therapy evaluation but refuses to leave her room. The nurse aide **SHOULD**:
- (A) call the client's doctor and have the doctor talk to her
 - (B) force her into a wheelchair and take her to physical therapy
 - (C) listen to the client's concerns and report them to the nurse in charge
 - (D) threaten to close the door and leave her alone in the room all day
36. Proper use of a waist restraint requires that the nurse aide:
- (A) release the restraint every four hours
 - (B) watch for skin irritation
 - (C) tie restraints to the siderail
 - (D) apply the restraint tightly so the client cannot move
37. If all of the following care tasks have to be done for the client, which of the following tasks should the nurse aide do **FIRST**?
- (A) Dressing
 - (B) Brushing teeth
 - (C) Bathing
 - (D) Toileting
38. The electric shaver that the nurse aide is using to shave a client begins to spark and smoke. What should the nurse aide do **FIRST**?
- (A) Call the nurse in charge
 - (B) Finish shaving the client as quickly as possible
 - (C) Use the roommate's shaver to finish the shave
 - (D) Unplug the shaver
39. To convert four ounces of juice to milliliters (ml), the nurse aide should multiply:
- (A) 4 x 5 ml
 - (B) 4 x 10 ml
 - (C) 4 x 15 ml
 - (D) 4 x 30 ml

40. Where is the thermometer put to measure an axillary temperature?

- (A) In the mouth
- (B) In the rectum
- (C) Under the arm
- (D) Under the knee

41. A lonely client is always ringing his call bell. When this client rings the bell, the nurse aide **SHOULD**:

- (A) wait before answering to discourage the client's behavior
- (B) tell the client the nurse aide will take the bell away if he does not stop ringing it for no reason
- (C) tell the client's family about the problem
- (D) answer the call bell and spend as much time with the client as possible

42. A nurse aide who demonstrates effective listening skills **SHOULD**:

- (A) plan what to say next while the client is talking
- (B) show no emotion when listening to the client
- (C) finish the sentences for the client
- (D) give complete attention to the client who is talking

43. The client offers a nurse aide a twenty dollar bill as a thank you for all that the nurse aide has done. The nurse aide **SHOULD**:

- (A) take the money so as not to offend the client
- (B) politely refuse the money
- (C) take the money and buy something for the floor
- (D) ask the nurse in charge what to do

44. If a client is on increased fluid intake, the client will likely experience:

- (A) increased thirst
- (B) decreased appetite
- (C) increased urine output
- (D) constipation

45. For the client's safety, the call light **MUST** be:

- (A) attached to the overhead light
- (B) put in the drawer of the bedside table
- (C) placed within the client's reach
- (D) taped to the wall

46. When the nurse aide makes an occupied bed, the client should:

- (A) be covered at all times
- (B) have all the covers removed
- (C) not be moved at all
- (D) lie on the bare mattress

47. Of the following types of clients, which is **MOST** likely to develop a pressure ulcer?

- (A) Ambulatory
- (B) Confused
- (C) Immobile
- (D) Agitated

48. A nurse aide who is active in her church is assigned to care for a client who is not a member of any religious group. The nurse aide **SHOULD**:

- (A) help the client understand the nurse aide's faith
- (B) tell the client that it is important for the client to join some church, even if it is not the nurse aide's church
- (C) respect the client's beliefs and avoid starting religious discussions
- (D) arrange to have the nurse aide's clergyman visit the client

49. To help clients to be as independent as possible, the nurse aide **SHOULD**:

- (A) decide when clients should be bathed
- (B) arrange the furniture in clients' rooms to make them more attractive
- (C) encourage clients to make decisions about their care
- (D) choose clients' social activities from the unit schedule

50. Which of the following actions is an example of neglect in caring for clients?

- (A) Repositioning immobile clients every four hours
- (B) Encouraging clients to eat by themselves
- (C) Helping clients walk to the bathroom
- (D) Encouraging fluids when clients do not want to drink

51. The role of the ombudsman is to:

- (A) run a group of nursing homes
- (B) work with the nursing home to protect clients' rights
- (C) control the nursing home budget
- (D) prepare classes that nurse aides take to learn about client hygiene

52. To lift an object using good body mechanics, the nurse aide **SHOULD**:

- (A) keep both feet close together
- (B) lift with abdominal muscles
- (C) bend knees and keep back straight
- (D) hold the object away from the body

53. A client has an indwelling urinary catheter. It is the nurse aide's responsibility to:

- (A) place tubing under the client's leg while the client is in bed
- (B) unplug tubing from catheter when the client needs to get out of bed
- (C) position the drainage bag below the bladder at all times
- (D) hang the drainage bag on the arm of the wheelchair

54. While giving a client a bath, the nurse aide notices a small reddened area on the client's buttock. The nurse aide should:

- (A) ignore the area because it is still small
- (B) rub the area with a coarse washcloth
- (C) complete the bath and then tell the nurse in charge
- (D) stop the bath and then call in another nurse aide to look at the area

55. As people get older, it is **NORMAL** for them to:

- (A) experience changes in physical functioning
- (B) lose desire for physical contact with others
- (C) lose interest in personal health and hygiene
- (D) become confused

56. When questions are asked about a client's death, the nurse aide should tell other clients that:

- (A) the client was sent to the hospital
- (B) the family took the client home
- (C) the client died and encourage them to talk about it
- (D) they should not ask such questions

57. In giving care according to the client's Bill of Rights, the nurse aide **SHOULD**:

- (A) provide privacy during the client's personal care
- (B) open the client's mail without permission
- (C) use the client's personal possessions for another client
- (D) prevent the client from complaining about care

58. Who may review mail before it is received by the client?

- (A) Administrator
- (B) Social worker
- (C) No one
- (D) Nurse in charge

59. The nurse aide is in the employee dining room. A group of nurse aides are eating lunch together and begin discussing how rude a certain client was acting. The nurse aide **SHOULD**:

- (A) join in the conversation
- (B) suggest that this is not the place to discuss the client
- (C) be quiet and not say anything to the other nurse aides
- (D) return to the unit and tell the client what was said

60. What is the process of restoring a disabled client to the highest level of functioning possible?

- (A) Responsibility
- (B) Retention
- (C) Rehabilitation
- (D) Reincarnation

Practice Exam for Nurse Aides

ANSWER SHEET

This form is similar to the answer sheet on the nurse aide Written Examination.

Fill in one bubble for each question, then check your answers using the answer key on page 11.

- | | |
|--------------------|--------------------|
| 1 (A) (B) (C) (D) | 31 (A) (B) (C) (D) |
| 2 (A) (B) (C) (D) | 32 (A) (B) (C) (D) |
| 3 (A) (B) (C) (D) | 33 (A) (B) (C) (D) |
| 4 (A) (B) (C) (D) | 34 (A) (B) (C) (D) |
| 5 (A) (B) (C) (D) | 35 (A) (B) (C) (D) |
| 6 (A) (B) (C) (D) | 36 (A) (B) (C) (D) |
| 7 (A) (B) (C) (D) | 37 (A) (B) (C) (D) |
| 8 (A) (B) (C) (D) | 38 (A) (B) (C) (D) |
| 9 (A) (B) (C) (D) | 39 (A) (B) (C) (D) |
| 10 (A) (B) (C) (D) | 40 (A) (B) (C) (D) |
| 11 (A) (B) (C) (D) | 41 (A) (B) (C) (D) |
| 12 (A) (B) (C) (D) | 42 (A) (B) (C) (D) |
| 13 (A) (B) (C) (D) | 43 (A) (B) (C) (D) |
| 14 (A) (B) (C) (D) | 44 (A) (B) (C) (D) |
| 15 (A) (B) (C) (D) | 45 (A) (B) (C) (D) |
| 16 (A) (B) (C) (D) | 46 (A) (B) (C) (D) |
| 17 (A) (B) (C) (D) | 47 (A) (B) (C) (D) |
| 18 (A) (B) (C) (D) | 48 (A) (B) (C) (D) |
| 19 (A) (B) (C) (D) | 49 (A) (B) (C) (D) |
| 20 (A) (B) (C) (D) | 50 (A) (B) (C) (D) |
| 21 (A) (B) (C) (D) | 51 (A) (B) (C) (D) |
| 22 (A) (B) (C) (D) | 52 (A) (B) (C) (D) |
| 23 (A) (B) (C) (D) | 53 (A) (B) (C) (D) |
| 24 (A) (B) (C) (D) | 54 (A) (B) (C) (D) |
| 25 (A) (B) (C) (D) | 55 (A) (B) (C) (D) |
| 26 (A) (B) (C) (D) | 56 (A) (B) (C) (D) |
| 27 (A) (B) (C) (D) | 57 (A) (B) (C) (D) |
| 28 (A) (B) (C) (D) | 58 (A) (B) (C) (D) |
| 29 (A) (B) (C) (D) | 59 (A) (B) (C) (D) |
| 30 (A) (B) (C) (D) | 60 (A) (B) (C) (D) |

Practice Exam Answer Key

Please refer to the following tables to score your examination. If there is a question you had incorrect, you can refer to the content area listed next to that question number before taking the NNAAP™ Examination. You can find the Content Outline on page 1 of this packet or in your Candidate Handbook.

Question Number	Answer Key	Content Area
1	B	ACTIVITIES OF DAILY LIVING
2	D	BASIC NURSING SKILLS
3	A	BASIC NURSING SKILLS
4	D	BASIC NURSING SKILLS
5	B	EMOTIONAL AND MENTAL HEALTH NEEDS
6	D	COMMUNICATION
7	B	CLIENT RIGHTS
8	B	MEMBER OF THE HEALTH CARE TEAM
9	B	BASIC NURSING SKILLS
10	C	BASIC NURSING SKILLS
11	D	BASIC NURSING SKILLS
12	B	RESTORATIVE SKILLS
13	D	COMMUNICATION
14	C	EMOTIONAL AND MENTAL HEALTH NEEDS
15	C	MEMBER OF THE HEALTH CARE TEAM
16	D	BASIC NURSING SKILLS
17	C	BASIC NURSING SKILLS
18	A	BASIC NURSING SKILLS
19	A	EMOTIONAL AND MENTAL HEALTH NEEDS
20	C	COMMUNICATION
21	D	CLIENT RIGHTS
22	C	MEMBER OF THE HEALTH CARE TEAM
23	B	BASIC NURSING SKILLS
24	B	BASIC NURSING SKILLS

Question Number	Answer Key	Content Area
25	C	BASIC NURSING SKILLS
26	B	RESTORATIVE SKILLS
27	A	SPIRITUAL AND CULTURAL NEEDS
28	B	CLIENT RIGHTS
29	C	CLIENT RIGHTS
30	D	BASIC NURSING SKILLS
31	D	BASIC NURSING SKILLS
32	B	ACTIVITIES OF DAILY LIVING
33	A	EMOTIONAL AND MENTAL HEALTH NEEDS
34	D	COMMUNICATION
35	C	CLIENT RIGHTS
36	B	LEGAL AND ETHICAL BEHAVIOR
37	D	ACTIVITIES OF DAILY LIVING
38	D	BASIC NURSING SKILLS
39	D	BASIC NURSING SKILLS
40	C	BASIC NURSING SKILLS
41	D	EMOTIONAL AND MENTAL HEALTH NEEDS
42	D	COMMUNICATION
43	B	LEGAL AND ETHICAL BEHAVIOR
44	C	ACTIVITIES OF DAILY LIVING
45	C	BASIC NURSING SKILLS
46	A	BASIC NURSING SKILLS
47	C	RESTORATIVE SKILLS
48	C	SPIRITUAL AND CULTURAL NEEDS

Question Number	Answer Key	Content Area
49	C	CLIENT RIGHTS
50	A	CLIENT RIGHTS
51	B	MEMBER OF THE HEALTH CARE TEAM
52	C	BASIC NURSING SKILLS
53	C	BASIC NURSING SKILLS
54	C	BASIC NURSING SKILLS
55	A	EMOTIONAL AND MENTAL HEALTH NEEDS
56	C	COMMUNICATION
57	A	CLIENT RIGHTS
58	C	CLIENT RIGHTS
59	B	LEGAL AND ETHICAL BEHAVIOR
60	C	MEMBER OF THE HEALTH CARE TEAM